

## ABSTRACT OF THE DISCLOSURE

A wrist-based fitness monitoring watch which uses a lap sensing device and a step or a stroke sensing device for detecting movement. In response to the output of a micro controller, information is displayed concerning the number of laps completed, the distance completed, and the time. Also included is a wireless heart rate transfer system which is provided through the micro controller in order to provide heart rate indicators during movement of the user. The lap measurement is based on a synchronization between a heading direction from the lap sensing device and the step/stroke frequency in order to provide the lap count, as well as the distance traveled and the time. Each of these items are accomplished on a wrist based monitoring system which does not require periodic intervention by the user. The system is able to provide split times without the requiring of continual pressing of the start/stop button either before or after a running or swimming event.